

# WHAT TO BRING



You will be allowed one gear bag weighing up to 16kg/35lbs. Everything, including your sleeping bag, must be packed inside or secured tightly to your gear bag. Backpacks or duffle bags work best, as the wheels of a traditional suitcase can get clogged by grass or gravel. We recommend packing your belongings inside large plastic bags before putting them in your suitcase. Be sure your belongings are carefully labeled, and add a ribbon or identifying marker. Drop off your luggage at the Gear Drop-Off spot on Day One and you will pick it up at the Gear Pick-Up spot on Day Two.

Items marked with an asterisk ( \* ) are required.

## Clothing

Bring clothing appropriate for all types of weather, including cold, rain & heat.

- o Shoes – 2 pairs\*
- o Socks – 2 pairs per day\*
- o T-shirts
- o Shorts
- o Underwear
- o Sports bra
- o Waterproof jacket\*
- o Sweatband
- o Sweat pants
- o Warm fleece or sweater
- o Long pants
- o Mittens
- o Tuque
- o Scarf
- o Shower shoes.

## Camping Gear

- o Towel & washcloth\*
- o Sleeping bag\*
- o Flashlight & batteries\*
- o Tent flag or marker
- o Battery alarm clock
- o Journal & pens
- o Earplugs
- o Waist pack w/ water bottle\*
- o Air mattress or pad
- o Plastic sheets or tarp
- o Clothespins (secure plastic)
- o Pillow
- o Mylar blanket

## First Aid

While we'll have supplies and Crew to tend to any major medical issues on the event, please bring your own supplies for tending to minor medical problems.

- o Sunscreen\*
- o Antiblister aids\*
- o Pain reliever\*
- o Bandages\*
- o Lip balm w/ sunscreen\*
- o Insect repellent\*
- o Prescription medications
- o Petroleum jelly
- o Foot powder
- o Antacid
- o Gauze & tape
- o Disposable plastic bags

## Toiletries

- o Feminine products
- o Toothpaste & toothbrush
- o Moisturizer
- o Nail clippers
- o Shampoo & conditioner
- o Soap
- o Razor
- o Small mirror
- o Deodorant

## Crew Gear

- o Work gloves
- o Back support
- o Pocket knife

## What NOT to Bring

- o Electrical appliances, as there are no electrical outlets available in Camp
- o Valuable/breakable items